

Craig
travel

COSTA RICA

BOOK BY MAY 29, 2026
SAVE \$200 PP



NATURAL WONDERS | SMALL GROUP
JAN 24 - FEB 6, 2027 | 14 DAYS | 29 MEALS
JOURNEY LEADER: ROBB SYKES

Welcome to Costa Rica, a global sanctuary where conservation is not just a policy, but a way of life. This immersive journey is designed to take you deep into the country's ecological heart, exploring a landscape that shifts from the mist-shrouded cloud forests of the highlands to the sun-drenched sands of the Pacific. Beyond the dramatic backdrop of active volcanoes and teeming rainforests, we connect with the famous "Pura Vida" spirit of the people and savour a vibrant cuisine rooted in the earth's bounty. Join us to experience the purest expression of nature in one of the world's most sustainable destinations.

SMALL GROUP EXPERIENCE
LIMITED TO 25 TRAVELLERS

Tour Highlights

- Discover San Jose's heritage with visits to the Pre-Columbian Gold Museum and the National Theatre
- Marvel at the active crater of Poas Volcano and the cascading falls at La Paz Waterfall Gardens
- Trace the origins of Costa Rica's exports with tours of the Doka Coffee Estate and a pineapple plantation
- Cruise the biodiversity-rich canals of Tortuguero National Park in search of wildlife
- Connect with local culture during a hands-on culinary experience and lunch with a family in Sarapiquí
- Indulge in a bean-to-bar chocolate tour, create bonbons, and taste cacao, the ancient "Drink of the Gods."
- Hike the 1968 Trail to witness the hardened lava flows and panoramic views of the majestic Arenal Volcano
- Explore the mist-shrouded Monteverde Cloud Forest and walk among the treetops on the Sky Walk
- Witness the nocturnal world of bats at a unique exhibit
- Visit Las Pumas Rescue Center to see wildlife undergoing rehabilitation
- Drift through the mangroves on a boat safari to spot coastal wildlife in the Tamarindo Estuary

Journey Leader

Robb Sykes is lead pastor of the Upper Room Christian Fellowship in Orangeville, Ontario, part of the Catch the Fire network. He entered full-time ministry after a career in management consulting, banking, and running small businesses, and has long been active in charity, volunteering, and mission work. His wife, **Kolleen**, works with Family Transition Place, Orangeville's women's shelter, and also facilitates parenting and relationship programs. They have travelled to Israel, the UK, Italy, Kenya, Australia, New Zealand, and South America, and look forward to sharing their next journey with all who join them.



Inclusive Features

- Return economy class airfare to Costa Rica
- First-class hotels and lodges, as indicated or similar
- 29 meals included as noted in the itinerary (B - 13 breakfasts, L - 6 lunches, D - 10 dinners)
- Services of your journey leader plus our national guide in Costa Rica
- All transportation and portage (where available)
- All gratuities, surcharges, taxes and fees for inclusions
- Airport transfers in Canada or equivalent value with purchase of group airfare
- Whisper audio guide system for better audio clarity during guided tours

JAN 24, Sunday DEPART CANADA / ARRIVE SAN JOSE

Tour members from across Canada fly via Toronto to San Jose, Costa Rica's capital. Arriving late tonight, we will be transferred to our hotel. **Hilton La Sabana** (3 nights)

JAN 25, Monday SAN JOSE

We immerse ourselves in the vibrant energy of San Jose this afternoon, exploring the avenues and landmarks that define the capital's rich heritage. Our journey features a visit to the Gold Museum, where we uncover the gleaming artistry and spiritual depth of pre-Columbian civilizations. We also step into the National Theatre, a neoclassical jewel that brings the city's artistic past to life. As night falls, we rise above the valley to Mirador Tiquicia, gathering for a welcome dinner and folklore show set against the panoramic glow of the city lights below. **BD**

JAN 26, Tuesday SAN JOSE

Our travels take us north to Poas Volcano National Park to witness the raw power of one of the world's largest active craters, known for its dramatic, geyser-like eruptions. Our exploration continues at La Paz Waterfall Gardens, where we enjoy trails past five thundering cascades and observe rescued wildlife, from majestic jaguars to adorable hummingbirds, in their natural habitat. After lunch, we visit the historic Doka Estate to trace the coffee bean's journey from harvest to roast, learning the craftsmanship behind Costa Rica's world-renowned brew. **BL**

JAN 27, Wednesday TORTUGUERO NATIONAL PARK

We depart early this morning, travelling through the dense, emerald sanctuary of Braulio Carrillo National Park before descending into the warm Caribbean lowlands. Accessible only by water, Tortuguero is a remote haven of biodiversity, and we navigate its labyrinthine network of jungle canals by boat to reach our lodge. This journey offers a prime opportunity to observe the unique flora and fauna thriving along the riverbanks. Later, we visit Tortuguero Village to discover the coexistence of local culture and the vital conservation initiatives safeguarding the sea turtles that nest along this protected 22-mile shoreline.

Pachira Lodge (2 nights) BLD



Arenal Volcano rising above Costa Rica rainforest

JAN 28, Thursday TORTUGUERO NATIONAL PARK

We dedicate today to observing the thriving biodiversity of this world-renowned ecotourism destination. Accompanied by our guide, we will navigate the quiet canals scanning the rainforest banks for monkeys, caimans, and water birds, gaining insight into the fragile ecosystem that borders the critical turtle-nesting beaches. After lunch at the lodge, the afternoon is ours to relax by the pool, explore the property's nature trails, or join an optional activity. BLD

JAN 29, Friday SARAPIQUI

Leaving the Caribbean canals behind, a boat transfer returns us to the mainland where we travel to Guapiles for lunch. In this fertile agricultural region, we visit a working plantation to understand the complex lifecycle of the pineapple. Our visit offers an interactive look at the planting, morphology, and harvesting of this golden fruit, culminating in a tasting of fresh fruit. The day concludes as we continue to Sarapiquí to settle into our beautiful resort, nestled within 1,200 acres of verdant Costa Rican Rainforest. **El Lugar Costa Rica Resort** (2 nights) BLD



Traditional hand-painted Costa Rican oxcart (Carreta)

JAN 30, Saturday SARAPIQUI

Nature enthusiasts may join our guide this morning for a walk along the resort's trails to explore the surrounding rainforest, or simply enjoy a relaxing start to the day. Later, we are welcomed into the home of a local family to discover the roots of Costa Rican gastronomy. This intimate encounter highlights the region's agricultural richness as we learn about cultivating native ingredients and prepare a traditional dish together. Sharing the meal provides a genuine connection with our hosts. Returning to the lodge, the remainder of the day is free to swim in the river, enjoy the grounds, or join an optional activity. BLD



A playful sloth

JAN 31, Sunday LA FORTUNA / ARENAL

Departing Sarapiquí, our drive continues northwest toward the iconic Arenal Volcano. En route, we pause at a local plantation to uncover the ancient secrets of cacao, a crop deeply rooted in Mesoamerican history. A walk through the organic groves introduces us to the cultivation and harvest of the fruit, followed by insight into the fermentation and drying processes. At the ranch, we learn the transformation from bean to bar through roasting and grinding, eventually crafting our own chocolate bonbons. The experience concludes with a traditional cacao beverage once revered as the "Drink of the Gods," prepared as it was in ancient civilizations. Upon arrival in La Fortuna, we settle in beneath the shadow of Arenal, a geological giant famous for its perfect conical silhouette and the massive 1968 eruption that transformed the surrounding landscape. **Arenal Kioro Hotel** (2 nights) BD



Enjoy dinner and a folklore show set against the glow of the city. Credit: Robert Craig

FEB 1, Monday **ARENAL VOLCANO**

Named for the year of Arenal's most devastating recent eruption, the 1968 Trail offers a vivid encounter with the region's geological history this morning. Our hike navigates a landscape of dramatic contrasts, where regenerating tropical forest meets the jagged, hardened lava flows from the historic blast. Along the path, open viewpoints reward us with sweeping panoramas of the volcano's conical peak and the shimmering waters of Lake Arenal. Returning to the hotel, the afternoon is yours to enjoy its amenities or join an optional excursion. BD

FEB 2, Tuesday **MONTEVERDE**

Skirting the shores of Lake Arenal, our drive today ascends the rugged Tilaran Mountain Range to reach the mist-shrouded heights of Monteverde. Known globally as a sanctuary for biodiversity, this cloud forest community offers a refreshing change in climate and scenery. After checking in, we delve into the nocturnal world at the Bat Jungle. In this specialized habitat, a reversed lighting system allows us to observe live bats in flight, revealing the vital ecological contributions these often-misunderstood mammals make through pollination and pest control.

El Establo Mountain Hotel (2 nights) BD

FEB 3, Wednesday **MONTEVERDE CLOUD FOREST**

This morning, we explore the Monteverde Cloud Forest Reserve, a biological corridor celebrated as one of Costa Rica's Seven Wonders. Spanning over 10,500 hectares, this high-altitude sanctuary protects a rare ecosystem where persistent mists nurture a staggering variety of epiphytes, mosses, and wildlife. Our guided walk highlights the distinct characteristics of this environment, offering a fascinating contrast to the lowland rainforests. Later, we shift our perspective at Sky Adventures to traverse the Sky Walk. A network of six hanging bridges suspended along a 2.5-kilometre trail allows us to walk among the treetops, granting us a bird's-eye view of the canopy and the creatures that dwell in the upper reaches of the forest. BD

FEB 4, Thursday **TAMARINDO**

Today we travel toward the sun-drenched Pacific coast of Guanacaste. En route, we pause at Las Pumas Rescue Center, a sanctuary dedicated to the care and rehabilitation of native wildlife impacted by human activity. This visit offers an intimate perspective on conservation as we observe rescued species, including wild cats and monkeys, and learn about the efforts to return them to their natural habitats. Arriving in the vibrant beach town of Tamarindo, we settle into our oceanfront hotel with the remainder of the day free to stroll the golden sands or enjoy the resort facilities. **Tamarindo Diria Beach Resort** (2 nights) BL

FEB 5, Friday **TAMARINDO**

The Tamarindo Estuary, where river waters meet the sea, is the setting for our exploration this morning. On this shared boat tour, we drift through the tangled mangrove canals by boat, we scan the banks and canopy for basking crocodiles, howler monkeys, and a wealth of coastal birdlife. The afternoon is free for personal discovery. Tonight, we celebrate our journey with a special farewell dinner overlooking the Pacific sunset. BD

FEB 6, Saturday **TAMARINDO / CANADA**

All too soon, our journey concludes as we transfer to the Liberia airport for our return flight to Canada. B

CT Rating 3.5/5 - Challenging: This tour is best suited for people who are physically fit and for those who enjoy walking, hiking and being active. The itinerary includes free time allowing members to select the level of activity best suited to them. Hotels will range from first class resorts to rustic atmospheric lodges – several hotels may require considerable walking reflecting the reality of mountainous Costa Rica.

 **Book by May 29, 2026**
and save \$200 per person 

Tour Cost in Canadian Dollars Per Person

Land Only* (Join / Leave at Hotel).....	\$8,555
Toronto.....	\$9,995
Montreal / Ottawa	\$10,145
Halifax / St. John's	\$10,245
Winnipeg	\$10,245
Regina / Saskatoon	\$10,355
Calgary / Edmonton / Vancouver.....	\$10,295
Victoria.....	\$10,355
Single Supplement.....	\$2,475

*Land only clients join at the San Jose hotel and leave at the Tamarindo hotel. Airfares from other gateways are available on request. Airfares and air carriers are subject to change and will be confirmed prior to final payment. Refer to inclusive features for details.

Tour price is based on sharing a twin-bedded room at hotels. Prices are based on a minimum 20 members and on rates, taxes and fees effective February 2026 and are subject to change due to factors beyond our control. Group to be escorted with a minimum of 20 group members.

Insurance is NOT INCLUDED but is highly recommended. Premiums are calculated based on the individual's age, destination (country), trip length, and trip booking window – please contact our staff to receive a quote. Your coverage starts on the effective date of your confirmation of coverage. Please discuss your insurance coverage prior to booking. Check our website for the most current information. Refer to our website form for terms and conditions.

Deposit is \$900 per person

Final payment is due October 20, 2026

To reserve your spot on this tour, book online through our website or submit an enrollment form with your deposit to:

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